

IN THE CLAIMS:

1. **(Currently Amended)** An actuator ~~for furniture and~~ comprising a helical spring having a plurality of windings around a plastic cylindrical element which is rotatable at least during reversed movement, said helical spring being tightened around the cylindrical element during reversed movement, and a metal insert inside the cylindrical element for carrying off frictional heat generated during the reversed movement.
2. **(Previously Presented)** An actuator according to claim 1, wherein the insert is connected with cooling faces of metal.
3. **(Previously Presented)** An actuator according to claim 2, comprising a worm wheel and a spindle, said worm wheel being connected to the spindle by a spline, and wherein the spline of the worm wheel is formed in the insert so that there is direct contact between insert and spindle.
4. **(Previously Presented)** An actuator according to claim 1, including a collar in intimate contact with an outer side of the spring for carrying off heat, said collar being made of a more heat-conducting material than the spring.
5. **(Previously Presented)** An actuator according to claim 4, the collar essentially covers the entire outer side of the spring.
6. **(Previously Presented)** An actuator according to claim 5, the collar is connected with metallic cooling faces.

7. **(New)** An actuator according to claim 1, wherein the metal insert is generally cylindrical in shape.